

New Brighton Parks & Recreation
400 - 10th Street NW
New Brighton, MN 55112
www.newbrightonmn.gov
651-638-2130

Community Center Hours

Monday-Friday 6:00 am-10:00 pm
 Saturday 8:00 am-10:00 pm
 Sunday 8:00 am-6:00 pm

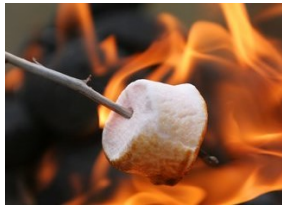
Upcoming Holiday Hours

November 24 Closed
 December 24 8:00 am-4:00 pm
 December 25 Closed
 December 31 8:00 am-4:00 pm
 January 1, 2017 8:00 am-6:00 pm

The Active Life Newsletter

is published by New Brighton
 Parks & Recreation six times a year.
 For more information, please contact:
 Lesley.Young@newbrightonmn.gov

Featured Program



New Brighton Residents Community Bonfire Event

There's something magical about building a fire in the snow. The Parks & Recreation Department, in partnership with Girl Scout Service Unit #527 and Boy Scouts #399 of New Brighton, invites you and your family for an evening of winter fun at a community bonfire event! New Brighton residents can take a break from the chilly air and warm up with a cup of cider and huddle around a roaring fire roasting S'mores (all supplies for the S'mores

provided). So whether you're an active winter enthusiast and want to bring your skates or use the rinks (boots are acceptable on the ice), bring your own sled to enjoy sliding or just sit and visit while you take in the sights and sounds of a crackling fire, come out and get to know your neighbors and make new friends. We hope to see you there!

Freedom Park
Saturday, January 28, 6:00 pm-8:30 pm
Free for all New Brighton residents

We will also be conducting a food drive for the local Ralph Reeder food shelf. If you would like to participate, drop off your donation at the New Brighton Community Center Services Desk between January 23 and January 27.



NORTHERN STAR COUNCIL
 BOY SCOUTS OF AMERICA



2 Holiday Lights Tour

NOVEMBER/ DECEMBER 2016

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As I sit and look back on the year 2016, it takes my breath away as to how active our adults/seniors have participated in the programs we have offered. There have been many changes throughout our department and I appreciate the kindness, patience and respect that you have given to me and the New Brighton Community Center Staff as we focus on finishing the year on a high note with great holiday tours. There are three ways to stay current on last minute workshops and tours: sign up for the Active Life Newsletter, pick up a copy at NBCC or check us out online. For those who haven't heard, we have revamped our website to become user friendly, easy to navigate and frequently updated. The website link is www.newbrightonmn.gov. Club 55 dues are now being accepted for 2017. If you are interested in participating there are many free activities offered. You may register at the Community Center. (Here's a tip on registering for our trips - don't

8 Community Bonfire

wait, the popular trips will fill fast, sometimes even two months before departure.) I hope to see you at the Holiday Party! The perfect way to ring in the holiday season amongst friends. Remember, this time of year can be lonely for many, if you see a friend, family member or neighbor who needs a community to turn to please don't hesitate to pass them my card. I would be happy to meet for coffee and conversation. I have recently moved away from our lovely city, so my commute is a bit longer; therefore, I have adjusted my office hours to Monday-Friday 9:00 am-1:00 pm. Due to my limited availability, please make an appointment or call ahead to ensure I am in the office. Happy Holidays, Merry Christmas and many blessings in your New Year!

Lesley Young



"SMART DRIVER" CLASSES

An auto insurance discount can be obtained by those ages 50 and over who complete an introductory eight hour Smart Driver course. A four hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate, however, your membership number must be provided at the time of registration. Payment must be made at the time of registration. Please see our current program brochure for our cancellation policy.



Eight-Hour Class
\$23 AARP Members
\$28 Non-Members

Mon. & Wed.	Feb. 27 & Mar. 1
#14168	5:30 pm-9:30 pm
Mon. & Wed.	Apr. 17 & 19
#14167	9:00 am-1:00 pm
Mon. & Wed.	May 8 & 10
#14166	5:30 pm-9:30 pm

Four-Hour Class
\$20 AARP Members
\$25 Non-Members

Monday	Nov. 14
#13977	5:30 pm-9:30 pm
Monday	Dec. 5
#13978	9:00 am-1:00 pm
Monday	Jan. 9
#14169	9:00 am-1:00 pm
Monday	Feb. 6
#14165	9:00 am-1:00 pm
Monday	Feb. 20
#14164	5:30 pm-9:30 pm
Monday	Mar. 6
#14162	9:00 am-1:00 pm

DAY TRIPS

Holiday Lights Tour

Celebrate the season with an evening of dazzling holiday lights! Step aboard a warm, deluxe motor coach and listen to fascinating commentary on Twin Cities’ holiday traditions and fun “inside” stories on the decorations you pass by. This memorable evening tour highlights beautiful and creative light displays throughout the Twin Cities as local merchants and residents join together to celebrate the holidays and their community spirit. We will stop for dinner at Casper’s Cherokee Sirloin Room in Eagan on the way home. You will have your choice of an 8 oz. Top Sirloin, Canadian Walleye Filet Broiled Medium, Chicken Breast or BBQ Ribs Petite Rack. **Register by November 25.**

Community Center	
Monday	December 12
4:00 pm-9:45 pm	
#13986	\$68

New Brighton hosting & escorting



*If you register for this tour through the City of New Brighton, it is mandatory to board the bus at our facility. These tours are partnered with the City of Roseville and St. Anthony Community Services. Bus will pick up and drop off guests at each location.

MINI TRIPS

Bachman’s Holiday Ideas House Tour and Lunch

Join us as we take a self-guided tour of Bachman’s Historic Family Home to see trendsetting décor and creative concepts firsthand. We’ll be looking to welcome inspiring ideas for the change in season. After the tour we will have lunch at Patrick’s Café (conveniently located inside Bachman’s bloom-filled greenhouse) featuring amazing daily selections from Chef Patrick Bernet. Menu includes mouthwatering delights such as quiches, soups, salads, sandwiches, croissants, chocolate cake, tiramisu and more. Transportation in city van and tour are included; lunch is on your own tab. A little time for shopping is built into this tour. **Register by November 22.**

Community Center	
Tuesday	November 29
10:00 am-3:00 pm	
Call Guest Services for registration information.	

“The Fed” & Nicollet Island Inn

Experience the *priceless* opportunity to learn about the nation’s central bank and financial system. Observe automated robots moving money and receive a bag of shredded genuine U.S. currency to take home. This is a 75-minute walking tour (so wear good shoes) to learn about the history and structure of the Minneapolis Federal Reserve. Bring photo ID. All participants will pass through a metal detector. We will then take a short drive to Nicollet Island Inn for lunch on your own. Transportation in city van and tour are included, lunch is on your own tab. **Register by February 1.**

Community Center	
Wednesday	February 15
9:30 am-2:00 pm	
#14179	
Call Guest Services for registration information.	

SENIOR MATTERS

Series 4: Health Screenings & Immunizations

We will take a close look at the recommended health screenings for older adults in this session. Why do we screen for some cancers an not others? We will hear from a number of health care providers who claim some screenings are unnecessary and potentially harmful. The sometimes controversial vaccination recommendation for older adults will also be discussed. Refreshments served. **Register by November 14.**

Community Center Room 224	
Wednesday	November 16
1:00 pm-2:30 pm	
#14095	\$15

Series 5: Mixing & Mingling with Boomers

Ever catch yourself saying “back in my day we would never..” understanding and getting along with younger generations is the focus of our final “Senior Matters” session. We ‘ll look at the general characteristics of each generation and obstacles and solutions to generational differences. Refreshments served. **Register by December 19.**

Community Center Room 224	
Wednesday	December 21
1:00 pm-2:30 pm	
#14096	\$15

COMPUTER TUTOR

Apple iPad Workshop

If you are new to the iPad and Apple world of technology with little to no experience and over the age of 55+, this workshop is perfect for you! Commit to taking all four weeks of classes when signing up. **No refunds will be offered for any classes missed.** Basic overview of the iPad and usage along with many of its settings, accessories, icons, apps, commands and controls will be the highlight of the class. You will become extremely comfortable using your iPad once you complete this great workshop to where you’ll soon be browsing the web, comfortable with security, privacy, passcodes, email and maybe even time for some fun apps such as photo editing. Class taught by “Raythecomputerguy.”

Community Center Room 218	
1:00 pm-3:00 pm	
\$99	
#14176	Tuesdays, January 10, 17, 24, 31 Register by December 27
#14177	Tuesdays, February 7, 14, 21, 28 Register by January 24
#14178	Tuesdays, March 7, 14, 21, 28 Register by February 21

COMING SOON:

12th Annual Health & Fitness Expo

Join us for our 12th Annual Health & Fitness Expo on Saturday, January 7 from 9:30 am-1:30 pm. The event is free and provides access to more than 30 health and wellness vendors, discounted Eagles Nest Indoor Playground admission, personal training advice, fitness class demos, fun freebies, refreshments and more! See our winter brochure for more details.

- ◆ Free group fitness trial classes
- ◆ Products available for purchase
- ◆ Free personal trainer advice
- ◆ Free refreshments and prizes
- ◆ Free wellness assessments

BONUS: Start the new year out right with a fitness membership from the New Brighton Community Center. A \$30 new membership discount will be offered at the 2017 Health & Fitness Expo. Any new membership enrolled will receive this discount, plus a free gift!

Community Room
Saturday, January 7
9:30 am-1:30 pm
Free Admission



We are looking for people to volunteer for this great event. If you would like to do so, contact Lesley at 651-638-2148



DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
REMINDER: CHRISTMAS DAY (Sunday, December 25) COMMUNITY CENTER IS CLOSED	UPCOMING EVENT: Seniors to Seniors Concert Tuesday, December 13, 11:00 am Irondale High School		1 CMC 9:00-10:30 am DB 12:00-3:30 pm Dominoes 1:00-3:30 pm	2 Pinochle 12:30-3:30 pm
5 ☛ AARP 9:00 am Mahjongg 9:00-Noon H&F 12:30-3:30 pm	6 CB 9:00-Noon 500 12:30-3:30 pm	7 Stitches 9:00-11:00 am DB 9:00-Noon	8 CMC 9:00-10:30 am DB 12:00-3:30 pm Dominoes 1:00-3:30 pm	9 Pinochle 12:30-3:30 pm
12 Mahjongg 9:00-Noon H&F 12:30-3:30 pm ☛ Holiday Lights 4:00 pm	13 CB 9:00-Noon 500 12:30-3:30 pm	14 Stitches 9:00-11:00 am DB 9:00-Noon BPC 10:30am-Noon ☛ Holiday Party 1:00 pm	15 CMC 9-10:30 am DB 12-3:30 pm Dominoes 1-3:30 pm	16 Pinochle 12:30-3:30 pm
19 Mahjongg 9:00-Noon H&F 12:30-3:30 pm	20 CB 9:00-Noon 500 12:30-3:30 pm	21 Stitches 9:00-11:00 am DB 9:00-Noon ☛ Mixing & Mingling 1:00 pm	22 CMC 9:00-10:30 am DB 12:00-3:30 pm Dominoes 1:00-3:30 pm	23 Pinochle 12:30-3:30 pm
26 Mahjongg 9:00-Noon H&F 12:30-3:30 pm	27 CB 9:00-Noon 500 12:30-3:30 pm	28 Stitches 9:00-11:00 am DB 9:00-Noon	29 CMC 9:00-10:30 am DB 12:00-3:30 pm Dominoes 1:00-3:30 pm	30 Pinochle 12:30-3:30 pm
BPC = Blood Pressure Check CB = Contract Bridge		CMC = Color Me Calm DB = Duplicate Bridge	500 = 500 Club H&F = Hand & Foot	
☛ Denotes registration required for this program				

SNEAK PEEK AT UPCOMING EVENTS

JANUARY 2017

Movie Madness

Wednesday, Jan. 4, 12:00-3:00 pm

12th Annual Health and Fitness Expo

Saturday, Jan. 7, 9:30 am-1:30 pm

Computer Tutor iPad Workshop

Tuesdays, Jan. 10, 17, 24, 31, 1-3:00 pm

EEW: "Financially Fit in Your 40's"

Tuesday, Jan. 17, 6:30-7:30 pm

Landmark Travel Show

Wednesday, Jan. 18, 10:00 am

EEW: "Million Dollar Baby"

Wednesday, Jan. 25, 6:30 pm-7:30 pm

Community Bonfire Event

Saturday, Jan. 28, 6:00-8:30 pm

FEBRUARY/MARCH

Computer Tutor iPad Workshop

Tuesdays, Feb. 7, 14, 21, 28, 1-3:00 pm

Collette Travel Show

Wednesday, Feb. 8, 11:30 am

EEW: "Medicare & Part D Workshop"

Thursday, Feb. 9, 9:00 am-10:30 am

Mini Trip: Tour the Fed

Wednesday, February 15, 9:30 am-2 pm

Hiking Club Kick-Off Meeting

Wednesday, February 22, 1:00 pm

Computer Tutor iPad Workshop

Tuesdays, Mar. 7, 14, 21, 28, 1-3:00 pm

Day Trip: "King Lear" at the Guthrie

Wednesday, Mar. 8

MARCH and beyond...

Bowling at Flaherty's

Tuesday, March 14, 9:30 am

Day Trip: State Capital Tour

March

Mini Trip: "Rise Up, O Men"

Wednesday, Apr. 5, 11:00 am-4:00 pm

Day Trip: Barn Quilt Countryside Tour

April

Day Trip: Festival of Nations

Friday, May 5

Mother's Day Spring Tea

May

LIVING THE ACTIVE LIFE: Taking mini trips to the next level

We are excited to offer a "Living The Active Life" style of programming for the "active and adventurous" adult. These types of activities are great for you to try without having to invest a lot of time or money and to be able to cross it off that bucket list.



Icon indicates degree of difficulty.

If you have any other ideas or would like to provide feedback, please contact Lesley Young at 651-638-2148 or email Lesley.young@newbrightonmn.gov. Future programs to be considered include: pool, bike trail riding, disc golf, archery, rock climbing and paintball.



Bowling at Flaherty's

Strike, spare and gutter balls, we don't care - just tell us you'll be there! It's St. Patty's Day week so wear green and spend it with us at Flaherty's Bowl in Arden Hills. After two hours of bowling fun we will have lunch at Flaherty's where the special is Corned Beef and Cabbage (along with traditional options). Transportation, bowling, shoes, lunch/gratuities are all included on this great trip! **Register by March 7.**

Community Center

Tuesday March 14

9:30 am-2:00 pm

#14185 \$28

flaherty's
arden bowl
pub & grill

EXTENDED TRAVEL

We are happy to collaborate with the following tour companies to provide extended travel opportunities. Trips typically include flights, luxury motor coach transportation on tours, a knowledgeable tour guide, three star hotel accommodates (or better) and several meals. Contact information is listed for more details. **Travel shows are held at the New Brighton Community Center.** If you are unable to make a show and would like a brochure, please call 651-638-2130.

Landmark
Tours

Travel Show

Wednesday, Jan. 18, 10:00 am

2017 Travel Destinations

Acadia Autumn Adventure

Alaska

Albuquerque Balloon Fiesta

America's Heritage

Autumn in New England

Ireland

Islands of Hawaii

New York City

Nova Scotia

Pacific Coast

Savannah, Charleston and Asheville

Trains of Colorado

Yellowstone

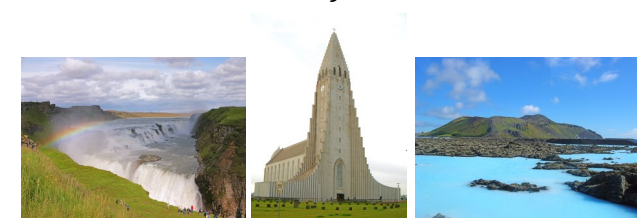
collette
guided by travel

Travel Show

Wednesday, February 8, 11:30 am

2017 Travel Destinations

Iceland: Land of Fire and Ice



Reflections of Italy



EDUCATION & ENRICHMENT WORKSHOPS

Workshop registration is required to plan for facility space and refreshments. Each of our EEW’s will be sponsored by the participating company who will also provide a short description of their products or services.

Million Dollar Baby

Planning or have a baby? This great workshop is to discuss the joys and financial challenges of parenthood. Finances can cause stress! What do you envision for your baby’s future? What does it take to raise a child today? Topics include everything from delivery to college and beyond! Light refreshments will be served. No obligation or sales. This workshop will be presented by Kevin Schwartz, Thrivent Financial. Register by January 18.

Community Center Room 222
Wednesday January 25
6:30 pm-7:30 pm
#14175 \$5

Medicare & Part D Workshop

Are you turning 65 soon? Are you already enrolled into Medicare? Have questions about your Part D or current Medicare Plan? Then this workshop is for you! Join us for a no cost Medicare workshop. Participants will enjoy a fun and engaging workshop and will also walk away with more knowledge and confidence about their Medicare and Part D options. Refreshments and fun door prizes are all part of this educational workshop. Presents: Bonnie Baglien and Tyler Tandeski. Register by February 2.

Community Center Room 220
Thursday February 9
9:00 am-10:30 am
#14174 FREE

2017 CLUB 55 REGISTRATION

Make payment (and return to):

New Brighton Parks & Recreation
400-10th Street NW • New Brighton, MN 55112

\$10
Class #14232

FIRST NAME LAST NAME

BIRTHDATE (MO/DAY/YEAR)

ADDRESS

CITY

STATE ZIP

PRIMARY PHONE

EMAIL ADDRESS

I would like to be put on the mailing list to receive the senior Active Life Newsletter.

I would like to know about volunteering with New Brighton Parks & Recreation.

Note: Club 55 membership does not include access to the New Brighton Community Center fitness area or the indoor track. For details on fitness center memberships, check at Guest Services.

CLUB 55

Movie Madness

Community Center Room 218
Wednesday November 9
12:00 pm-3:00 pm
#14088 FREE for Club 55
\$2 for non-members



Disney’s “Big Friendly Giant”

Community Center Room 218
Wednesday January 4, 2017
12:00 pm-3:00 pm
#14233 FREE for Club 55
\$2 for non-members



“Miracles from Heaven”

Club 55 Holiday Party and Entertainment

Ring in the holidays amongst friends and enjoy a little cheer with some light refreshments as you sit back and relax with wonderful holiday entertainment as pianist Bob Clark will be performing music for all to enjoy!

Community Center Room 220
Wednesday December 14
1:00 pm-2:00 pm
#14092 Free for Club 55 Members
\$5 for non-members

Sounds of the Season

NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CB 9-Noon 500 12:30-3:30pm	2 Stitches 9-11am DB 9-Noon	3 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3:30pm	4 Pinochle 12:30-3:30pm
7 Mahjongg 9-Noon H&F 12:30-3:30pm	8 CB 9-Noon 500 12:30-3:30pm	9 Internet Access 9:00am Stitches 9-11am DB 9-Noon Movie Mad 12-3:00pm	10 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3:30pm	11 Pinochle 12:30-3:30pm
14 Mahjongg 9-Noon H&F 12:30-3:30pm AARP 5:30pm	15 CB 9-Noon Surly Tour 10:00am 500 12:30-3:30pm	16 Stitches 9-11am DB 9-Noon Health Screenings 1:00pm	17 CMC 9-10:30am DB 12-3:30pm Dominoes 1-3:30pm	18 Pinochle 12:30-3:30pm
21 Mahjongg 9-Noon H&F 12:30-3:30pm	22 CB 9-Noon 500 12:30-3:30pm	23 Stitches 9-11am DB 9-Noon BPC 10:30-Noon	24 THANKSGIVING DAY COMMUNITY CENTER CLOSED	25 Pinochle 12:30-3:30pm
28 Mahjongg 9-Noon H&F 12:30-3:30pm	29 CB 9-Noon 500 12:30-3:30pm	30 Stitches 9-11am DB 9-Noon		
BPC = Blood Pressure Check CB = Contract Bridge				
CMC = Color Me Calm DB = Duplicate Bridge				
500 = 500 Club H&F = Hand & Foot				
Denotes registration required for this program				

FITNESS PROGRAMS

GROUP FITNESS CLASSES

New Brighton Parks and Recreation offers a wide variety of group fitness classes for adults 55+, including water aerobics, yoga, Tai Chi Chih, Stretch & Tone and many more.

- For class times and pricing:
- see current program brochure
 - pick one up at New Brighton Community Center
 - call Guest Services at 651-638-2130
 - visit www.newbrightonmn.gov

Register by the fifth of each month for select classes to receive the Early Bird rate of \$5 off the Member rate (i.e. November 5 for December classes).

Adult Pickleball Open Gym

Community Center Gymnasium

Tues. & Thurs. 1:00-3:00 pm
Through December 29
(No pickleball Nov. 22, 24, Dec. 22, 27, 29)

Friday 9:00-11:00 am
Through December 30
(No pickleball Nov. 4, 25, Dec. 23, 30)
\$3 per visit
(No charge with NBCC Membership)

Highview Middle School North Gym

Tuesday 5:45-8:30pm
Through December 20
(No pickleball Nov. 22)
\$3 per visit
(No charge with NBCC Membership)

